

SOCIAL SUCCESS DECODED

TOOLKIT

PRINT ME AND PUT ME ON YOUR FRIDGE!

This document should be used together with the free online course Social Success Decoded found at <http://socialpronow.com/social-success-decoded-free-course.php>

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The Best Questions and Topics to Start and Maintain an Interesting Conversation

Keep in mind; different questions are suitable in different stages of the friendship or conversation and in different environments. Some of these questions are personal and great later into the conversation, but can be weird too early in the relation. Some questions and topics suit well for a party, others for the train ride or first day at your new job or class.

Conversation Openers

Anything that relates to the situation (Your ongoing inner conversation):

Don't try to come up with things, just listen to what your mind is already talking about.

- It's hot / cold / awesome weather to be in October.
- Nice building / party / group of people.
- Have you seen the pool/garden/bar/roof?
- Nice shirt / glasses / shoes / haircut.

Very first questions

Rule of thumb: Simplicity. You don't have to be witty / funny / interesting.

- How are you?
- How do you know people here?
- Where are you from?
- What are you doing when you're not around here?
- How did you get here?
- Do you use to go here?
- What are you eating / drinking?
- Where did you get that drink / sandwich / brochure

Keep a Conversation Going

A minute into the conversation

- How do you spend your spare time?
- What's the last movie you saw?
- Do you follow any TV-shows?
- What do you want to work with?
- Where do you want to live in the future?

Later into the conversation - to start building a closer relationship

- Where did you grow up?

- How often do you meet your parents?
- Do you have any pets?
- Do you have any siblings?
- Do you play any instruments?
- What did you do this last weekend?
- What do you like to do in your spare time?
- What do you like to do to relax?
- What is your favorite holiday?

Even later into the conversation or relationship - Deeper questions

- Is there anything you regret in life?
- How has your life been different than what you'd imagined?
- How would you like to be remembered?
- What are the most important lessons you've learned in life?
- What are you proudest of in your life?
- What is your earliest memory?
- What was the happiest moment of your life? The saddest?
- When in life have you felt most alone?
- Who has been the biggest influence on your life? What did you learn?

Step-by Step Action Plan

Part 2: The Most Common Mistake People do That Makes Them Nervous in Social Situations

1. Whenever your mind start asking questions that contain the word “me” shift your focus towards the people around you instead.
2. Ask yourself questions about people that pass you by.
3. Practice “cultivating an interest in others”.

Part 3: How to Get the Methods in This Course to Work for You in Real Life Social Situations

1. Identify your current behavior in social situations. Take a micro step away from that behavior towards your goal behavior.
2. Continuously take new micro steps.
3. If you try to take too large steps, you risk becoming demotivated. See it as a marathon rather than a sprint. The person who can continuously improve during the longest time wins.

Part 4: A Technique to Quickly Become Self Confident When You Need It

1. Stand next to a wall with your heels, back, and the back of your head against the wall.
2. Keep the chin in, to avoid your head facing upwards. Instead, you want to get your neck back.
3. Walk away from the wall and keep the same posture
4. To look self-confident no matter what, combine this posture with a friendly and self-confident smile.

Part 5: How to Keep a Conversation Interesting and Always Know What to Say Next

1. The best way to keep a conversation going is by asking questions
2. As long as you ask questions about other person and what he or she finds interesting, that person will enjoy the conversation
3. Remove your filter by sharing your already ongoing inner conversation
4. As long as it relates to the conversation and is not provoking, you can say it.
5. Small talk has a purpose – and that is scouting for similarities.
6. See small talk as your mission to get to know the other person and finding similarities
7. When you have found a similar interest or experience, delve into that.